

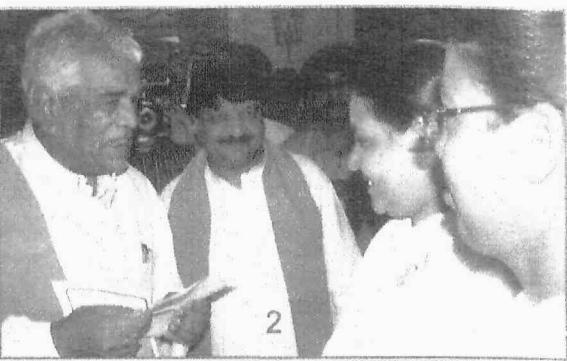
The World Renewal

Volume 35, No. 11, May 2005 , Monthly, Price: Rs. 5



1. New Delhi (Tarun Enclave, Pitampura): Inaugurating the Om Shanti Studio by lighting the lamps are Rajyogini Dadi Prakashmani, Chief of Prajapita Brahma Kumari Ishwariya Vishwa Vidyalaya, Rajyogini Dadi Hridaya Mohini, Joint Chief, Brahma Kumar Bro. Brij Mohan, B.K. Sis. Mohini; B.K. Bro. Karuna, B.K. Bro. Ravi and B.K. Bro. Vivek.

2. Omshanti Retreat Centre (Pataudi Road-Gurgaon): Participating in the Foundation Stone Ceremony of the Solar Project are Rajyogini Dadi Prakashmani, Rajyogini Dadi Hridaya Mohini, B.K. Sister Mohini, B.K. Sister Shukla, B.K. Sister Munni and B.K. Sister Asha.



1. **Kalayya (Nepal):** B.K. Sister Ravina and five Virgins welcoming the King of Nepal, Shri-5 Maharajadhiraj Gyanendravir Vikram Shahdev Sarkar. 2. **Indore (Omshanti Bhawan):** Bro. Babulal Gaur, C.M., Madhya Pradesh, being given godly gift by B.K. Sister Anita. Bro. Vijay Vargiya, Minister for Public Works, M.P., is also seen in the picture. 3. **Sujanpur Tihri (H.P.):** Thakur Kaul Singh, Minister for Irrigation and Public Health, H.P., inaugurating "Shiv Darshan Mela." Sister Anita Varma, M.L.A., B.K. Sister Prem and others are also seen in the picture. 4. **Guwahati:** Hon'ble Justice D. Bishwas, Judge, Guwahati High Court, and B.K. Sister Sheela inaugurating Shiv-Jayanti Festival by lighting Candles. 5. **Hari Nagar (Delhi):** Prof. K.K. Aggarwal, Vice Chancellor, Indraprastha University, Delhi being explained the spiritual museum by B.K. Sister Bhagya. B.K. Bro. Sunder Lal looks on. 6. **Mandsore:** Justice Subhash Samvatsar, Judge, Gwalior Bench of the High Court being greeted by B.K. Sister Samita. 7. **Jorhat (Assam):** B.K. Sister Lata giving godly gift to Dr. Sher Singh Badhel, Vice Chancellor, Assam Agricultural University. 8. **Delhi (Manjilis Park):** Bro. Mangatram Singh, Minister for Industry and Labour, Delhi State, being given godly gift by B.K. Sis Amrita and B.K. Bro. Shankar. 9. **Imphal:** Bro. Gobindas Konthovjam, PHED Minister, Manipur, Bro. I. Hemochandra Singh, MLA and B.K. sis. Nilima inaugurating the Shiv-Jayanti celebrations by lighting candles.

Godly Service Report

BRAHMAPUR (ORISSA)

The Twenty-first Anniversary of Brahma Kumaris, Badabazar Centre, Deshibehra Sahi, Brahmapur was celebrated on 21st April, 2005 in the premises of "Shiva Smriti Bhawan", the new building under construction for the Centre at Prahiladnagar, Old-Brahmapur. On this occasion, Bro. Dr. Ramesh Chandra Chaupattanaik, the local MLA of Brahmapur, presided over the function as Chief Guest. Bro. Santanu Kumar Rath, Director, All India Radio, Brahmapur and Smt. Sulochana Swain, Chairman, Brahmapur Municipality were Hon'ble Guests. Addressing the gathering Bro. Ramesh Chandra Chaupattnaik enlightened that Brahma Kumaris now a days strive hard to establish a permanent road to heaven from this world whereas MLAs or Chairmen of Municipalities remain busy for construction of road in the towns and cities here. Bro. Santanu Kumar Rath emphatically illustrated his deep and valuable experience at the Brahma Kumaris Headquarters, Mount Abu and specifically narrated the event of lighting five thousand candles at a time at the Diamond Hall which was a memorable day for him. He also exhorted the masses to conquer vices – lust, anger, greed, attachment and ego through practice of Rajyoga. Brahma Kumari Basanti, centre in-charge and Chief Speaker, advised first to bring self-transformation in the light of Directions of the Almighty Authority (*Shrimat*) so that world transformation can take place easily. She stressed that through practising Rajyoga and reading Murli (True Gita), the soul will be elevated to achieve the title of deity. B.K. Kedar of Mount Abu joined the function and shared his spiritual experience. B.K. Sanjukta read the service report of the last year.

(Contd. on page...31)

For Kind Attention of our Esteemed Readers

We are pleased to inform our esteemed readers that from the next issue (June 2005), we are going to commence "Students' Column" in The World Renewal, in which articles, poems etc. written by students will be published. Students can send their contributions on the topics: environment, peace, discipline, unity of mankind, positive thinking, values, etc. Please mention your class, name of school/college and name of city.

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Contentment is the source of all divine virtues.

– Incorporeal God Father Shiva

ATTAINING A HEALTHY HEART AND HAPPY LIFE

Every human soul has a unique role in this great world drama. To play one's role accurately so that one can glorify the Creator, one needs a very healthy physical costume, a pure and positive mind, and rich values in practical life. The lack of proper understanding in this regard, mainly owing to the under-valued education system, has led to a severe imbalance in the lives of young people; imbalance on levels of mental and physical activity leads to unhealthy lifestyles and behaviour patterns. The consequence of too much emphasis on material achievements is emotional break-down and subsequent health problems. Even the performance levels at different times are not accurate and cause a lot of confusion in one's personal, social and professional lives. Family life becomes burdensome culminating in family feuds, tension and continuous stress. A few decades ago, psychologists would have suggested that controlled stress

levels were essential for self-progress and excellence. However, the latest findings show that young people who are continuously stressed are very much prone to Chronic Fatigue Syndrome (CFS). If neglected over a period of time, CFS leads to different kinds of ailments, sometimes proving to be fatal at a very young age. Deep entanglement in the present day rat-race has affected people in India as well as other parts of the world.

We learn from Dr. Satish Gupta, cardiologist and pioneer of the C.A.D. Regression Programme that 14% of the adult population in Bharat suffer from major killer diseases. According to him, 14% of people suffer from high blood pressure, 30% suffer from diabetes and 15% from heart disease. These killer diseases need urgent attention on individual as well as family levels. C.A.D. Regression Programme has helped over 1200 patients to overcome their challenging heart problems through change in lifestyle with regular practice of meditation, spiritual learning, and adherence to protein-rich

vegetarian diet, regular walking and aerobic exercise. Never before have blocked arteries re-opened in this manner as has happened for these fortunate patients. They now lead very healthy and happy family and professional lives.

Moreover, they have embarked upon a very noble service programme to educate other people in different parts of the country by forming the "*Healthy Heart Education & Research Foundation*". The Foundation plans to organise one-week Awareness Programmes in eight different zones of Bharat during the month of October 2005. The findings of the 7-year long C.A.D. Research Programme will be presented to the President of India, Dr. A.P.J. Abdul Kalam, as he has been the main source of inspiration and new vision of this great humanitarian cause for providing heart healthcare to the needy, without expenditure of thousands of rupees. We do hope the Government of India would help in promoting this novel and miraculous

programme in a big way by creating suitable facilities for education and research of Heart Healthcare. A separate college of Preventive Cardiology, under Dr. Satish Gupta's able guidance, will undoubtedly be a boon to society.

MEDIAPERSONS AND SPIRITUALITY

— Media Seminar-cum-Retreat 2005 —

Modern Media has proved to be the biggest source of information dissemination on all levels thus catalyzing great change in society. Politics, Education, Medicine, Social sciences, Economics, Culture, Entertainment, Business or any other field of human endeavour – all have been well-presented through newspapers, television, radio and other means of mass media.

The effective role of media can be seen unequivocally with the recent news of Dr. Alka Patel, former Assistant Clinical Professor of Paediatrics at the University of California in San Francisco, choosing to return to Bharat to become a *sanyasin*. This certainly is an eye-opener for all of us and many thanks go to Mr Chidanand Rajghatta for bringing this to light in his column, '*Indiaspora*' in the Sunday Times of India dated

01-05-2005. How inspiring and educative it is for us to learn that the inborn or original spiritual nature of a human being is to be restful and tranquil. This and many such experiences of young intellectual women and men from all parts of the world are a rich source of new and diverse thinking on attitudes towards life. Like Dr. Alka Patel, not just Indians, but people from all over the globe (through Brahma Kumaris Rajyoga Meditation Centres in 90 countries as well as other spiritual organisations) are realizing in depth the unparalleled significance of spirituality, their worth as human beings and the purpose of human existence.

Mediapersons themselves feel the need to be aware of the spiritual dimension of their own being. Otherwise how would anyone have expected over 500 of them to come all the way to Mount Abu (Gyan Sarovar, Academy for a Better World), from far and distant regions in Bharat and Nepal to attend a Media Seminar-cum-Retreat for four days, 27th – 30th April 2005. The participants included very high-level dignitaries from all disciplines in the world of Media. The importance of this Seminar-cum-Retreat can be gauged from many angles.

His Excellency, Lt. Gen. K.M. Seth (Rtd), Governor of Chhattisgarh, flew from Raipur to Abu Road to inaugurate and participate in the Seminar. He exhorted the participating Editors, News Editors, Journalists, Bureau Chiefs and other Senior Special Correspondents, and Programme Producers to work towards creating a value-based society, by providing enough space for discussion on values and thus help in creating '*Ram Rajya*' of Bapu Gandhiji's dreams.

Brothers B.K. Om Prakash (Indore) and B.K. Karuna (Shantivan, Abu Road), Chairperson and Vice-Chairperson respectively, of the Media Service Wing inspired every one by sharing their wisdom and concern for society. They emphasized the need of being aware of the depth and power of spiritual values in life and their usefulness in building a healthy, prosperous, virtuous and happy society.

In all seven open sessions and four workshops (for Print and Electronic Media Professionals) were held where important subjects pertaining to Media concerns were discussed at length. These included:

► Media, Society and Human

Values

- Empowering Media to Empower People
- Stress-free Living amidst Pressures
- Role of Media in Social Transformation
- Value-based Media—the Call of the Time
- The Changing Face of Media in Changing Times
- Contribution of Media in Restoring Human Values

The main speakers included:

- Dr. S.S. Mahapatra, *Ex MP, Former Asst. Editor, The Times of India, Delhi*
- B.K. Ramesh Shah, *Managing Trustee, World Renewal Spiritual Trust, Mumbai*
- Mr. Atul Chandra, *Editor, The Times of India*
- Mr. Ravi Prakash Verma, *MP, Lakhimpur Khiri, U.P.*
- Dr. Ram Mohan Pathak, *Director, Pt. Madan Mohan Malviya Institute of Hindi Journalism, Varanasi*
- Dr. B.L. Jalan, *National Secretary General, Rural Journalists Association of India, Jaipur*
- Mr. Jhapendra G.C., *President, Progressive Writers' Association, Palpa, Nepal*
- Mr. Kranti Chaturvedi, *Chief Editor, Nav Bharat,*

Indore

- Prof. Kamal Dixit, *former HOD, Makhanlal Chaturvedi National University of Journalism, Bhopal*
- Mr. Sharad Bhosale, *Director, AIR, Pune*
- B.K. Atam Prakash, *Editor, Gyanamrit & The World Renewal, Shantivan, Abu Road*

Revered Dadi Prakash Maniji, Chief of Brahma Kumaris, was sincerely pleased to welcome this august gathering of media personalities. Dadiji humbly requested each one to become peace messenger and co-operate actively in the task of bringing peace to every place right down to the villages. Dadiji enlightened the group about who they really were: "It is highly important for everyone to understand that every living body has a soul residing in the centre of the forehead. The first religion of the soul is peace, and the Supreme Father of all souls is the Ocean of Peace. On waking up in the morning, sit in His remembrance and take this determined thought: whatever role I play today will not be impure nor will it give sorrow to others. Subtle ego deters us from performing righteous actions. Let us renounce the negative consciousness of 'I'

and with pure actions and good wishes spread fragrance in our own family and the entire society. Dadiji expressed her faith that with the co-operation of Mediapersons the Campaign of Self-Transformation will definitely be successful in bringing about World Transformation."

Professor Kamal Dixit, who has been in contact with the Brahma Kumaris for many years, boosted all spirits with thoughts on how media is a powerful weapon that can bring about revolution in human beings. It can change society and communicate the importance of human values in life. Media should understand its responsibility and give it the right direction.

The stimulating sessions concluded with a resolution worth mentioning here:

RESOLUTION

1. The influential power of media is well known to all. We have also experienced that media has a central and pivotal role to play in rectifying the negativities and drawbacks of values in the society; various internal and professional reasons limit this potential of the media severely. It is the firm belief and desire of the media personnel to make media play

its educational role of bringing positive changes in society to the fullest extent.

☞ 2. Media people have their own values, suggestions and thoughts and if human touch is added on, it will help change its outlook so that it can assist in creating a better, harmonious world – a golden society!

☞ 3. We have to think high and beyond. We have to go above the current selfish and limited viewpoints, beyond the pressure of greed and the commercial and communal culture and personality to revive the nation's unity, oneness, togetherness and development.

☞ 4. There is a definite need to bring self-control and self-regulation within the trade; this will help end yellow journalism and divert the attention and focus on negativities. Rather, the basic necessities of peoples' welfare, concerns and valid complaints should be addressed to safeguard society against the unscrupulous and anti-social elements amongst us.

☞ 5. Under the banner "Media Initiatives for Better Values", all the participants agreed that we should do engage in continuous efforts to develop values in society.

☞ 6. The ancient Indian knowledge, understanding and culture can help to re-establish moral values in Self and Society. This should be complimented with a spiritual touch to make it more meaningful and trustworthy.

☞ 7. (i) Positive Thinking and (ii) The Practice of Rajyoga will help relieve media people from the pressures and stresses of life. It is necessary for media people to inculcate these in their daily lives.

Our hearty congratulations to all members of the Media Wing who worked day and night for weeks to prepare and organise this most successful Seminar! This endeavour will go a long way in furthering the cause of establishing a value-based society in the near future.

— B.K. Nirwair

THE MASTER SPEAKS

CONSCIOUSNESS

"Where can I find and experience God and his powers?"

"He's right in front of you."

"Then why do I fail to see him?"

"Why does the drunkard fail to see his home?"

Later, the Master said "Find out what is that makes you drunk. To see you must be sober."

WITHDRAWAL

How shall I help the world?"

"By understanding it." said the Master.

"And how shall I understand it?"

"By turning away from it."

"How then shall I serve humanity?"

"By understanding yourself."

COERCION

The Master demanded seriousness of purpose from those who wanted to seek God.

But he chided them when they strained themselves in spiritual endeavour. What he proposed was light-hearted seriousness or serious light-heartedness like that of a sportsman or an actor.

And much, much patience. "Forced flowers have no fragrance," he would say, "Forced fruit will lose its taste."

THE SUPREME JUDGE

■ B.K. Brahma Kishore
(former Judge), Allahabad

The Supreme Soul is known by many names, which are all based on His virtues and qualities. Of these names, some are associated with law, legislation and justice such as '*The Law Maker*' (*Vidhi Vidhata*), the '*Advocate*' (*Vakil*) who propagates the laws; '*The King of Justice*' (*Dharma Raj*) who administers justice according to laws. We sing a lot in praise of this latter quality of the Supreme Soul but perhaps understand it to a lesser degree.

We usually say: "There may be delay in the house of God, but not injustice." In Bhagwat Geeta, Chapter 4, Verse 7, God says: "Whenever there is utter irreligiousness (*dharma ki glaani*), I incarnate or reveal myself." Here 'religion' does not refer to any particular religion but indicates those laws which are based upon the eternal, universal rules that are beneficial and vital for the entire humanity.

In the elevated versions of

God Shiva, it is frequently declared that wherever there is loss of religion, and injustice becomes rampant, the Supreme Soul incarnates to establish the one true religion i.e. to propagate the universal laws of righteousness and create a world of peace, purity and happiness.



In doing so, He performs the function of Legislature or *The Law Maker*, the propagator of the Rules, or the *Advocate*, and the administrator of justice or *The Supreme Judge*. As is well known, in any form of Government there are three prominent parts – **The Legislature**, which makes laws; **The Executive**, which ensures obedience to laws, and **the Judiciary**, which administers justice.

In any action, as mentioned in

the divine sermons of God Shiva, there are at least three forms of conduct at work: one is the 'doer' nature, where one is conscious of 'doing'; secondly, the relaxed nature of the one who is at the receiving end of the action and thirdly, the 'seeing' nature of the one who is witnessing the action as an impartial eyewitness. In any court, the testimony of the impartial witness, who is independent of both parties, is vital in taking the final decision. God Shiva advises us to practise

bodiless stage where one develops the nature of an eyewitness: being aware of all that is happening around and yet being detached and not influenced by either party. Body consciousness weakens the power of the intellect. A judge is above all for he or she is a non-party and a non-witness, and yet performs all the three functions of laying down the law, implementing the law and administering justice.

The Supreme Soul is omnipotent and omniscient. He teaches us the Law of *Karma* known as the Law of Action and Reaction. In other words, there is a cause behind every effect and for every effect, there is a cause. In the science of spirituality, every deed (and in fact, even every thought) has

a consequence and every consequence is born of a deed. This is a powerful law which does not require any executive to enforce it or any judiciary to administer it: Every living being is bound to this law whether they choose to accept it or not. Good deeds automatically result in good fruits and vice versa. God teaches us the most important lesson that the choice of action remains in our hands alone.

Shiva Baba says, if you wish to perform accurate and productive actions, then always keep the Law of Karma in your awareness. It is your duty to perform actions, no one can escape it, but remain detached from the fruit of the action.

God neither punishes human beings for their actions, as a normal judge would, nor does He reward us for good actions; the Supreme Soul is undoubtedly the Supreme Judge but He shows us the path to redeem ourselves from sorrow and repentance. So if we choose to pay heed to God's elevated directions (*shrimat*) at this time, we cannot only be free from the burden of past *karmas* but perform righteous actions now to create a stable, peaceful, and prosperous future for ourselves and others as well.

A woman came out of her house and saw three old men with long white beards sitting in her front yard. She did not recognize them. She said "I don't think I know you, but you must be hungry. Please come in and have something to eat."

"Is the man of the house home?", they asked.

"No", she replied. "He's out."

"Then we cannot come in", they replied.

In the evening when her husband came home, she told him what had happened.

"Go, tell them I am home and invite them in!"

The woman went out and invited the men in.

"We do not go into a house together," they replied.

"Why is that?" she asked.

One of the old men explained: "His name is Wealth," he said pointing to one of his friends, and said pointing to another one, "He is Success, and I am Love." Then he added, "Now go in and discuss with your husband which one of us you want in your home."

The woman went in and told her husband what was said. Her husband was overjoyed. "How

nice!!", he said, "Since that is the case, let us invite Wealth. Let him come and fill our home with wealth!"

His wife disagreed, "My dear, why don't we invite Success?"

Their daughter-in-law was listening from the other corner of the house. She jumped in with her own suggestion: "Would it not be better to invite Love? Our home will then be filled with love!"

"Let us heed our daughter-in-law's advice," said the husband to his wife.

"Go out and invite Love to be our guest."

The woman went out and asked the three old men, "Which one of you is Love? Please come in and be our guest."

Love got up and started walking toward the house. The other two also got up and followed him. Surprised, the lady asked Wealth and Success why they were coming in.

The old men replied together: "If you had invited Wealth or Success, the other two of us would've stayed out, but since you invited Love, wherever he goes, we go with him. Wherever there is Love, there is also Wealth and Success!"

★★★

Love is the Key



THIS WONDERLAND CALLED INDIA

B.K. Brother Robin Ramsay (Actor),
Australia

Since he came in contact with the Brahmakumaris (BKs) in 1985, **Bro. Robin Ramsay**, renowned Australian actor, playwright and director, has been practising the principles of spirituality. Deeply touched and motivated by ancient Indian culture, he has many a time used his talent for promotion of human values, unity of mankind and universal harmony. During a recent visit to BKs International Headquarters, Mount Abu, Bro. Robin spoke to our Associate Editor **B.K. Ranjit Fuliya** about his life and his enchantment with India, association with the BKs and the challenges on spiritual path.

-The Editor

Bro. Robin, please tell us something about your childhood.

I was born in 1937 in Melbourne, Australia. Those times were very different from now; those were simpler. We did not need to lock our doors; we could leave the keys in the cars.

I led a very good middle-class life. I studied in a Christian Church School; Literature and Art were my main interests and I was also involved in theatre production at school. After finishing my school education, I joined *The Royal Academy of Dramatic Art*, London, in 1955 and graduated from there in 1957. I went on to do theatre work in London and the USA,

eventually returning to Australia. Theatre, particularly the musical theatre, was my main interest, though I acted in a number of films and television series. The ones I most enjoyed were playing Julie Christie's husband in a T.V. mini-series, and acting with Denis Hopper in the feature film "*Mad Dog Morgan*". I shared the bill* years ago on the Ed Sullivan Show with *The Beatles*, while I was performing in New York.

How were you introduced to the Brahma Kumaris organisation?

I received an invitation for a seminar from the Brahma Kumaris in Australia. It was a personal letter inviting me to a

meditation workshop followed by a vegetarian lunch. I noted it was free of charge. The symposium on meditation was arranged at one of the B.K. centres and I found the idea of open-eyed meditation so remarkable. The manners of the BKs, the pure vegetarian food and the spiritual atmosphere encouraged me to take the 7-Day Raja Yoga Course, which I did the following week.

I joined Brahma Kumaris quite late in life, compared to most other Australian BKs. I was in my forties and most others were in their late twenties. I had been a spiritual searcher—a very dedicated spiritual searcher—for many years. I had enjoyed Christianity at school, but I felt the organized religion lacked some sense of understanding, the rational side of things, the blending of head and the heart... I enjoyed the silence of prayer, but at the same time found it impersonal and distant; I had a sense of feeling inadequate. I was attracted initially towards

* A programme of entertainment at a theatre or cinema.

Indian spirituality partly because of the symbol of Krishna happily playing the flute – a very jolly and wonderful figure, whereas in Christianity the symbol is a man on a cross, which is indeed a very sad image and encourages feelings of guilt and suffering.

During the 7-Day Course, what struck you about the BK philosophy?

I finished the 7-Day Course and there was no charge, no expensive mantra to purchase, and thankfully, no guru to worship! I heard about Brahma Baba's role as the founder of the Brahma Kumaris organization, Shiv Baba as a loving, personal and accessible God and we, the individual souls – it made sense to me and my experience confirmed it. I liked the ultimate personal responsibility indicated by understanding *karma* and the cycle of time. And I was very attracted to the BK Indian pictures!

Meditation gave me great joy and I liked it particularly because I could both focus my mind and experience deep calm and silence, and all with my eyes open. This was an extraordinary thing! I said to myself, "My goodness, this really is the greatest thing... this whole idea of controlling my

mind and therefore controlling my life, and actually being able to do so more often than not. And as I have developed the practice, and a deep personal relationship with the Almighty, my life has dramatically changed for the better.

How did you respond to the BKs' theory of Cyclic nature of Time?

In a broader sense, I had of course, as an educated man, grown up with the idea of Charles Darwin's Theory of Evolution being the unquestionable truth. Frankly, though, I had never thought about it a great deal but had just presumed the theory to be fact. From school days I had a background of science, art and literature. The 7-Day course challenged my scientific background but the challenge came with a strong sense of the rational. I found this idea of Cyclic Time challenging, but, at the same time fascinating, and I knew there were references to it throughout history. So I did a lot of research into the matter: I found that Darwin's theory tells us very little; the theory continues to be mainly conjecture, presumption and wishful thinking, with an alarming absence of proof but yet is accepted by most educated people.

Ultimately, the answers to the quandaries of history and geography made sense to me in being able to comprehend this brief cycle of time, as well as the beautiful *kalpa* tree. I found this entire ancient knowledge of Rajyoga to be the complete answer to living in the 21st century, and remarked to my daughter, after just a year of meditation practice: "This is true magic".

What practical challenges did you face when you started practising Rajyoga?

The beauty, clarity and simplicity of the knowledge revealed by God through Brahma made great intellectual sense. However, the challenge in applying this knowledge in life was something different. I initially found the idea of celibacy, for instance, to be confronting and unnecessary. I was married, in the prime of life and had children. But then on reflection, I thought that if I want to be in control of my life rather than be at the mercy of a myriad desires pulling me in all directions, I really do have to be the one in control... of everything: managing all desires and controlling my thought patterns. Living beyond anger, lust, greed, ego, attachment was all part of the package. I had to live my life at a higher level of

consciousness and it seemed daunting. However, the more I meditated with the Almighty the stronger I became through the power I gained.

In which year did you first visit India? Please share the experiences of those days.

I visited India for the first time in 1985 and came straight to Mount Abu with a small group from overseas. I stayed in a small room just off the main courtyard of Pandav Bhawan. The BK organisation is now huge with three campuses: At Talheti, we have a very big hall where 20,000 people can sit and also the beautifully designed Gyan Sarovar. But in those days it was only Pandav Bhawan, and across the road a bedroom block for students. I was very lucky to be staying close to the spiritual heart of things. I stayed just above B.K. Brother Nirwair's office and opposite the Dadis' quarters. Over the years I have been fortunate to know Bro. Nirwair as a great spiritual mentor and friend, and develop a close relationship with the Dadis.

It was all very simple then, with the feeling of a close family. We did not have western food here in those days but only simple Indian food: *chapati*, *dal*, vegetables and rice, and I loved it all. I must say that I

have certain nostalgia for those earlier days. The organisation has grown as it must because the message of God's descent needs to be carried throughout the world to all His children. Of course it must be this way, but the earlier days of personal meetings with Bap Dada and just a few brothers and sisters were very special times; those were the Golden Days of my spiritual childhood. The University has quickly grown from a few hundred to many thousands, and there are hundreds of thousands and millions yet to come.

Few weeks back I was sitting among 20,000 souls in Diamond Hall, Shantivan, and I am still amazed when Bap Dada speaks in the whispering voice on the microphone; the quality of sound is superb in that Hall, with twenty thousand people sitting in pin-drop silence listening to every quiet and precious word—the attention is absolute!

Bro. Robin, I have heard you speaking in Hindi at several programmes in India. How were you influenced to do so?

Well fortunately I have a facility for languages. I can easily pick up pronunciation, you might say, but I do need the English of the talks I give to be

translated for me. Yes, I have spoken at the recent mega programmes in Bangla, Marwari and Hindi languages. Fortunately the audiences have been kind enough to forgive me for my lapses but yes, I love languages tremendously.

But people like it, when you speak in Hindi.

I think people like to have a foreigner speaking in the language that they speak everyday and I certainly enjoy that communication as it brings us all closer. I enjoy that exchange very much!

You have been influenced by the power of meditation. Which of your experiences do you cherish even today?

Twenty years ago, Dadi Janki looked into my eyes and I looked into hers at a small meeting in Sydney. I still have a very vivid memory of that meeting with Dadi Janki: the love, the compassion, the depth of spirituality, the sense of eternity and the sense of God I experienced with her are things that have stayed with me. I sensed, although hesitantly, that in that moment after all my years of spiritual searching I had found my goal. This ancient Rajyoga of Bharat is the secret that I found.

You have worked in films as well as in theatre. Which

one do you like more?

I love theatre particularly, especially when I am directing plays. And more specifically when the plays have a spiritual theme that connects deeply with the audience. Cinema is a director's media, and my work in films and television has been as an actor, in Australia, USA and London. I work in theatre as a director and an actor. As Shakespeare said you can create theatre out of almost nothing; you require "just three boards and passion."

In spite of television and the movies, live performances are as popular as ever. One thing I have enjoyed greatly is sharing this ancient knowledge in theatres through plays like "*The Accidental Mystic*" and "*The Traveller*," which have played hundreds of performances in theatres and festivals around the world. One of my most rewarding, spirituality-based theatre shows was "*Borderland*" which celebrated the Life and Times of Rabinranath Tagore, and was also produced on Doordarshan Television. It gives me great satisfaction and is a great honour to bring India's great spiritual heritage to life through art. When a live audience meets a live actor through the medium of theatre,

there is interaction on many levels: a magic happens. Yes, I also play music in my shows: flute and Tibetan bowls, instruments which evoke deep spiritual poignancy. I greatly admire maestro Hari Prasad Chaurasia, and have also spent two days with him in Mount Abu recently.

You toured many countries specially on account of Godly service during the project "Global Co-operation for a Better World" (GCBW). What was this project about and what was your exact role?

In 1987, the Brahma Kumaris organization launched a 2-year international project "Global Cooperation for a Better World", which reached 122 countries. The project, dedicated to the United Nations as a Peace Messenger Initiative, collected individual ideas and actions towards creating a better world.

"*Borderland*" became something of a theme play for "Global Cooperation for a Better World", because the underlying unity of the human race was one of Tagore's cherished beliefs. His university, Shantiniketan, welcomed people from all over the world. Indeed its motto was "One nest for the birds of the world". I toured over 60 countries in support of GCBW.

While participating in international spiritual service programmes, you also interacted closely with the late BK Brother Jagdish Chander Hassija, a renowned author, Chief Editor of The World Renewal and spokesperson for the Brahma Kumaris. Please share some of your experiences with him.

Bro. Jagdish Chander was speaker and I was stage secretary in one particular programme: the Centenary of the World Parliament of Religions, held in Chicago U.S.A., in 1993. We stayed in the same hotel and also traveled together a lot. I loved his intellect, his dignity and particularly his sense of humour. He had a dry yet gentle sense of humour. He would always wear a very simple BK badge, which one could probably buy in a shop. He never sat in the front row, but in the body of the hall. He had great humility. He worked at the grass-roots level with everybody. He was particular that things should be carried out in an appropriate and specific manner. Although he wrote books, he was interested in presenting Baba's knowledge in a dramatic form and was always enthusiastic about new approaches to Godly Service.

[to be concluded in next issue]



Dear Sir,

I have been an ardent reader and supporter of 'The World Renewal' for several years. There have been much positive changes and accomplishment over the years in its presentation and purpose to help create a better world.

Currently, I love to read the Editorial by our dear Nirwair Bhai. He ushers the reader into the magazine with concise and detailed information on current and recent national and international issues whilst promoting the unlimited contribution of Brahma Kumaris organization. He embraces a wide variety of cultures and selects the essence of beneficial information and updates, to make us well informed. Much thanks to him for bringing to us the reality of 'Unity in Diversity' in such an effective and subtle manner.

I enjoy this publication for its facility in accommodating the expansive variety of topics which include individual experiences and interpretations/churnings, poetry and mini-book series(ref: BK Nityanand). Although, this series is quite in-depth and a challenge to understand, it does educate the soul of its complexity and power to fuel our Homeward Journey. Actually, it is quite stimulating.

Service news around the world emphasize the expansion and growth of the

B.K. Family, and the accomplishment of God's task. I also learn more of our divine family and more of myself in reading so much rich and invaluable information that empowers the soul. I feel sure countless readers share similar views and benefits as I do.

It would be helpful, I think, if it is within the publication's policy, to include a section for recent and new books that are being published. Include a brief synopsis of the text, price and how to obtain by special order.(By mail or local purchase.). Other items of interest may include VCD/DVD/CD etc., as per your discretion, in this section. You may wish to do a polling via e-mail to determine the need.

I wish to extend much thanks to our Beloved Father and all His tireless, loving children for sustaining such a blissful resource for all to share and enjoy.

With Loving Regards,

— BK Indal, U.S.A.

Dear Editor,

I have been a regular reader of the 'The World Renewal' for the last four years. In December 2004 issue of The World Renewal, I liked the Quiz "Know Your Spiritual Quotient" by B.K. Sunita, Surat. I answered all the 15 questions and scored 58 out of 60.

I feel such type of quizzes are very useful and also very thought provoking, to know where one stands spiritually.

I thank B.K. Sunita for her excellent work and hope that she would present some more such quizzes in due course.

— B.K. Subba Rao, Akividu, A.P.

Dear Sir,

I have been a regular reader of 'The World Renewal' for the last 6 months. December 2004 issue was really excellent. It contained wonderful experiences of B.K. Mark, San Antonio with God Shiva. March 2005 issue of 'The World Renewal' also I found very interesting and inspiring, specially I liked the Significance of Shiv-Jayanti by B.K. Surat Bahadur Ayer, Kathmandu, Nepal.

'The World Renewal' is certainly a great mantra for self-transformation and a wonderful medium for spreading the message of Incorporeal God Shiva.

— B.K. Shelly Yadav, Samana (Punjab)

Respected Editor,

I am really delighted to see 'Readers' Forum' in the World Renewal.

I have been a life member of The World Renewal, Gyanamarit and Purity for about 20 years.

When I was a student, I always used to have difficulty in preparing for seminars, I could hardly speak in public and it was difficult to collect material of public interest. I am highly obliged to Brahma Kumaris World Spiritual University as the literature published by them inspired me a lot and helped me in my professional life. I improved my English vocabulary through The World Renewal. I used to prepare my talks by referring The World Renewal, Purity and Gyanamarit. Self-management has been covered widely. Many aspects of 'Self-management and leadership' give lot of benefits to the readers whether they are high school students, college students, professionals, housewives or senior citizens. Time management has

also been dealt with very well. I am sure if a high school student or University level student or anybody belonging to professional training, regularly reads The World Renewal, he/she will definitely get immense benefits in exams and interviews. They will be able to set their goal and achieve the goal in life because most of the articles increase the self-esteem.

In addition to spiritual knowledge, the magazine is helpful in providing latest information and scientific knowledge. Despite my busy schedule, whenever I read one article of The World Renewal, I feel highly relaxed. Simplified practical information by highly experienced authors of The World Renewal is highly beneficial to people of all age groups and various professions.

— Dr. Usha Kiran,
All India Institute of Medical Sciences,
New Delhi

TO OUR ESTEEMED READERS

We thank our readers for their overwhelming response to our column Readers' Forum.

No magazine can be complete without the active participation of its readers. We eagerly await your opinions and suggestions. Your suggestions would definitely inspire us to make each new issue a better one. Please send your letters alongwith complete name and full postal address/e-mail, to :

Readers' Forum,

'The World Renewal',
Gyanamrit Bhawan, Shantivan,
Abu Road-307510,
Rajasthan (INDIA),

e-mail: theworldrenewal@yahoo.co.in

A short story

THE TRUTH ABOUT THE “TRUTH”

—Continued from April issue —

■ B. K. Sudhakar Nair

We read how Mr. Ramdas, a renowned publisher, had divine visions. He found a note-book, on which was written in Hindi— ‘Param Satya’(The Ultimate Truth). Just by holding that book in his hand, he experienced mind-elevation and a feeling of detachment. The note-book contained knowledge about the self—the soul and its role in the eternal world drama and the divine incarnation of the Supreme Being. There were also other revelations about spiritual awakening, details about the Creator and the Creation. There was a great surprise in store for him which please read on.

—The Editor

THE WORLD:

“The Creator and Creation are both involved in this World Drama, which gets repeated every five thousand years and every soul has to play its individual role. The Creator transforms the existing vicious world into a viceless world, i.e., Golden Age and Silver Age. In the beginning of drama, pure souls leave their home (‘Shantidham’, Land of Peace) and descend on earth to enjoy their inheritance earned in the previous birth. They become the rulers of this paradise where there is no trace of vice or pain and sorrow. The population is limited. The palaces are built in gold, and decorated with colourful jewels and diamonds. People live in peace and harmony. There is neither disease nor pain nor old age. It is called ‘heaven’ and its residents are called deities.

After 2500 years, downfall

begins. The population also increases and deities lose their natural purity and divinity. They become body-conscious and moral degradation starts. Lust, Anger, Greed, Attachment, Ego, Vanity and



other vices gradually replace virtues like Love, Detachment, Patience, Purity etc. The wars, battles, bloodshed, cruelty, violence etc. gradually become the way

of life on earth. Pain, disease, death and sorrow threaten the normal life of the inhabitants. The nature also begins to show its discontentment. There are unexpected floods, earthquakes, storms, tornadoes, etc. which make life miserable for the living beings. When devotion, pilgrimage to holy places, rituals, sacrifices etc. do not bring solace to human sufferings and people become desperate in the absence of true knowledge of the ‘Self’ and the ‘Creator’, at this juncture the Creator – The Supreme Soul – descends on earth and introduces Himself to His children. This period is called the Confluence Age, which takes place at the fag end of Iron Age, just prior to the destruction of the vicious world.

THE TASK:

Consider yourself as a point of light – smaller than the smallest point (cannot be seen with the naked eyes) – seated behind the forehead, between the eyebrows. The body has a father, so does the ‘self’ or the ‘soul’: He is Supreme Soul (His form is also like a tiny star. By simply

remembering Him with deep affection and love, in His dwelling, the Incorporeal World (His abode is far away from the cosmic world, it is illuminated by golden-red light), the soul becomes pure and the stain of ignorance vanishes. This is called 'Yoga' (union between Soul and Supreme Soul) through which one can attain salvation or total realization."

Throughout the reading session he was in an ecstatic state. His mind was not distracted at all and he strongly experienced an unearthly joy. He closed his eyes to try and hold onto the experience as long as possible. After a while he heard the sound of a speeding car which stopped a few yards away. A saffron-clad middle-aged man rushed out and waved his hands to him and said, "What are you doing here my dear friend, Ramdasji? We went to your home first". The visitor was a renowned philosopher and spiritual head of a large religious institution in India. Ramdas got up to receive him in reverence. There were some more people in the car. They had come to see him about the printing of a souvenir on behalf of their institution.

After their preliminary discussion, he briefed his philosopher-friend on the above incident and humbly sought his opinion on the authenticity of

the declarations in the book. The saint, after reading the contents of the book, did not utter a word. He simply smiled and tried to hide his embarrassment. He later expressed his opinion: "Although I have no explanation about how this book got buried under the tree, it must be a coincidence with the vision you have experienced. As far as the contents in the book are concerned, it has no backing of scriptures and if we are to believe this book we should accept that God is not omnipresent. However, we, the modern philosophers with highly evolved intellects, cannot accept such a thing as it is against the established worldwide belief that God is all pervading."

Mr Ramdas, bewildered at this remark, blinked his eyes in disbelief and opened his mouth to say something but words did not come out.

A few weeks passed away. He had shown the book to almost all his nearest and dearest. He also made few copies of the book and kept them with him. One early morning his servant informed him that some people, including few ladies, had come to see him and were waiting at the corridor. He thought they might have come to collect some donation from him. He enquired of the elderly lady wearing a white

sari the intention of their visit. There were two other young ladies and three gentlemen standing behind. All were dressed in white uniform. She said they were from the nearby Prajapita Brahma Kumaris Rajyoga Centre and handed over a booklet to him. He glanced through the colourful pages of the booklet. On the cover page there was an attractive photo of a red oval-shaped symbol, and the centre point of light was depicted as radiating golden light all around. He was fascinated by this photo because it reminded him of the vision he had of the tiny light emitting yellow light. A small plastic New Year calendar was also found inserted in the book. On the other side of the calendar, he was astonished to find the photograph of an old man, who was none other than the old man he twice saw in his vision! He could not believe his eyes. How could this be possible? Is it a coincidence too?

The lady smiled at him. She looked very innocent, but the shine in her eyes was mesmerizing. He invited all of them into his visitors' room and politely requested them to be seated. He thought: This is a new beginning. I have been blessed. The gateway to the truth is now wide open for me at last... *(concluded)*

TOWARDS A BEAUTIFUL MIND

■ B.K. Anjali Prasad, Delhi

For humans, there is a sense of gratification when someone, who has done us harm, is "punished" or "taught a lesson". We feel as though our "pain has been paid for" when we see a person, who has mocked us or caused us damage, is given the same or worse deal. A sense of contentment is supposed to come.

The theme of this article is not to endorse thoughts or acts of revenge. Instead, it is to show how to feel contentment and get the mind to return to a healthy way of functioning without actually participating in the act of taking revenge.

This article is for readers who are just ordinary everyday people, besieged with waste, negative, and angry thoughts, when they have been knowingly and deliberately wronged or berated by those whom they have trusted and befriended.

I remember many moments when flashes of revenge thoughts pop in the mind automatically. At that moment revenge appears to be sweet

and perfectly rational and well deserved. If someone has been mean or selfishly cruel why shouldn't they receive the just rewards for their meanness? The only other option is to meekly accept their unacceptable behaviour, which just makes them even more rude, selfish and unkind.

So what should be done under such circumstances?

The first stage is to acknowledge that the feelings of revenge are emotional reactions to an unfavorable condition or situation and although each person's response is different, this is the way my feelings are at the moment...hurt and indignant.

At this stage it is sensible to accept the self as it is and not to have notions such as to believe that I am some kind of a saint. Such ideas can cause serious damage to our sense of self-worth and self-esteem. This is because we begin to have unreal expectations from our selves which we can't always meet as a result of which our self-confidence also plummets.

The second step is to make a firm decision, a choice, based on logic and reasoning that although these feelings are my reactions, I choose now, not to think, feel and act in a vengeful or vindictive way. There is another way, another option, another route, a more productive, accurate and emotionally healthy way to think, feel, and act. So, I do have a choice and I choose the healthier option for myself. I choose this other option because there is nothing to be gained for myself if I continue on this path of revenge and resentment. My own inner peace, my own inner health will erode away with these thoughts. My work will suffer and so will my relationships with other significant people of my life. In fact my negative *karmic* account with these and others will get worse as the complex web of negative *karma* gets further interwoven and my accounts escalate to unbearable levels. Therefore, I choose not to let my self get carried away by these wasteful thoughts because nothing is to be gained by them.

The third step is to make a list of affirmations, which are positive thoughts for my self, for my future and for those whom I love and those who depend on me.

Whenever the mind goes towards the wasteful thinking style I have to revise the affirmations. For example I will repeat to myself...

I am a peaceful person... I am a positive person... I am a beautiful person. I am not going to waste my time on thoughts of revenge; I give the burden of these feelings and the people who have harmed me to God—the Supreme Soul. Let His Will be done, not mine. I have faith in myself and my future and the future of my near and dear ones. Everything will workout. Everything will be all right... Reassure your self again and again that every thing will work out.

Make these affirmations till they become habitual...

I will keep an optimistic and positive attitude towards my self and my life. There are many good things in my life. I will remember and be grateful for all that I have been blessed with. I won't complain but will be optimistic and have faith in my own as well as the future of my family and loved ones. I will not fall prey to negative thinking, feeling and acting. I am all right. Every thing will work out if I keep my focus on the task at hand. I will avoid those who upset me, keeping

my distance from them. I will get along with friends, family and colleagues. I will enjoy today and avoid conflicts. I will see the best in myself and see the good in others. I will enjoy the scenes of nature and refresh myself. I will be focused and motivated to use my time in a constructive way. I will live one day at a time and enjoy myself today.

I will say every day, and several times in my mind—to those with whom I have interacted—"Thank you for everything. I have no complaints at all".

Distract your mind when you find yourself engaging in negative thinking and feeling. Get up from that position and do something else. Listen to soothing music. Call a friend for a short chat. Have a cup of tea or coffee. Take a walk or do some simple exercise.

Write down your worries in a diary. Deal with the pending jobs in a systematic way. If there are emotional issues that are troubling you, bring them out in the open by writing down your feelings in your diary. Then be determined to resolve them in a constructive, positive way. Read as much as you can on the topic that disturbs you. Talk to the informed people, friends or colleagues.

Reassure yourself that I will solve this problem, because there are no problems that can't be solved. Every problem can be solved if we put our minds to it.

Do something, anything constructive but don't indulge in wasteful reminiscences.

The fourth step is to sit in 5 minutes of quiet meditation whenever possible. Take your thoughts to quiet, calm places...listen to inspirational music and remember scenic images in your mind. Relax the body by using progressive muscle relaxation and feel the beauty of a positive and relaxed body. Don't hate others and definitely don't hate yourself. "Have mercy on yourself". If possible remember the experiences of the soul world and retire to this unbelievable place of calm and power. Visualize giving and receiving light to your self and other soul-stars... This is infact the best and most incredible way to clear negative *karmic* accounts.

"Remember Me alone and your sins will be incinerated", (God Father Shiva). This is the *mantra* that will help tremendously to return the mind to its original state of health and creativity.

(To be concluded in next issue)

IN COMPANY OF THE SUPREME SURGEON

■ B.K. Kalidass, Coimbatore

Now it all seems like a dream... One sunny afternoon in June 2002, while climbing down the staircase of my office, I suddenly slipped and in trying to balance myself I fell heavily on the floor with my entire weight on my left toe and foot. My body jerked violently from the left foot to the left shoulder radiating pain throughout. Thereafter, I found it difficult to walk and as the condition worsened day by day I consulted a neurologist who prescribed many pain-killers, which I sincerely consumed (this might well have been one of the causes for development of renal failure later on).

My magnetic resonance imaging (MRI) scan suggested a disc prolapse of the L4-L5 lumbar region in my spinal column. I took an epidural injection on the spine but even then could not find any relief. Finally, I went to a homeopath who was specialised in alleviating pain and problems of this kind, and got relief through herbal oil massage.

Meanwhile, my blood test results showed an increased level of serum creatinine indicating the onset of kidney failure; a subsequent ultrasonograph (USG) scan also confirmed this. So I was literally in a predicament of escaping from the frying-pan into the fire. Fortunately, after four or five months the backbone disc rupture problem improved and I was able to focus completely on treating the renal failure.

Kidney failure is a dreaded disease in that it kills the patient not only with its sheer presence and detrimental developments, but also by the enormity of the expenditure it causes for the treatment. Last year, our divine sister B.K. Rosie, Zonal Director of Brahma Kumaris Centres in Tamil Nadu, left her mortal coil as a result of this disease. So the severity of this disease is great.

When my nephrologist disclosed that I had chronic renal failure or end-stage renal disease (ESRD), he expected to see anxiety, worry, fear, bewilderment, distress or something of the sort on my face. But I remained very calm



and bold, contrary to his expectations, and somehow braved the situation; my inner self rose to the occasion to console me.

I was introduced to God Shiva's Supreme path of Knowledge and Meditation at the age of sixteen and since then have been a committed Godly student and meditator. With the co-operation of our Teacher-incharge and the divine family, I have had the fortune of organising spiritual functions and programmes in the Coimbatore region and have also compiled and edited proceedings of some of the phenomenal conferences held at Brahma Kumaris Headquarters, Mount Abu.

When I found out about my disease, I went to a secluded place and thought over what I had to do. Godly Knowledge has taught us, and the practice of meditation has only confirmed the fact that the sentient soul is

imperishable and only the body is subject to diseases and death. Beloved Shiva Baba and Brahma Baba have also made it very clear to us that everything in this 5000-year Eternal World Drama is preordained and fixed, and nothing, however weird or unusual, is new or out of place.

Another jewel of knowledge that came to support me was Bap Dada's famous teaching based on the single word 'pass'. Baba has asked His children, human souls, to remember three 'passes' namely '*Pass Hona*', '*Pass Karna*', '*Pass Rehna*', implying (i) Approach every situation as though it is a test-paper that has to be passed (ii) All events or scenes in this drama of life have to be crossed over or passed by (iii) Always remain close to or near God, the Supreme Protector and Parent.

I said to myself: I am going to apply Godly Knowledge and the power of meditation gained over 21 years to my current situation. This situation also, like all others, will pass by and will not persist forever. So let me not be stressed by it. This is a test-paper I have to pass in order to nullify the *karmic* accounts accumulated over my innumerable births. In these enervating times, I must remain mentally close to Shiva Baba.

I plainly stated my problem

to Shiva Baba only once but I never prayed to him for my recovery nor did I appeal or beg to Him even subconsciously. For I know, Baba would not like His beloved divine children to behave like beggars.

I took medicine for the disease from December 2002 to April 2004. Incidentally I was advised to undergo dialysis from May 2004 onwards, but dialysis is not a cure for kidney failure; a kidney transplant is apparently the sole solution to it. However, kidney transplant is often a gamble as the medical community knows very well.

I felt very fortunate to have been following Baba's path for 21 years, which strikingly coincides with the '21 births' of Golden and Silver Ages, and this boosted my inner spiritual intoxication. If, after the kidney transplant, I could live for a few more years that was well and good but if it turned out to be a failure, I rationalized, it was no problem as I had already received notice and so, forewarned is to be forearmed.

There are many cases in the world of Near-Death Experiences (NDEs) where people have seen God as light etc., and so being a practitioner of Godly knowledge for so many years I felt if I left the physical body, rather than being imprisoned in a dark tunnel etc.

after death, I would be blessed with God's companionship.

Churning in this manner did me a lot of good and empowered me internally. I also studied Brahma Baba's own experience of leaving the physical body, narrated to Dadi Gulzarji in a trance message, and this also boosted my spirits.

My parents and I finally decided on having the kidney transplant as there didn't seem to be any other option. After getting approval from Medical Council of Tamil Nadu, I was admitted in the meritorious PSG Hospital, Coimbatore, and the surgery was fixed for 6th October 2004.

"Everything will be fine. Nothing untoward will happen and you will recover soon. Tell your doctor that he will receive God's blessings abundantly on performing this operation. Om Shanti"—were the vibrant and powerful words that Rajyogini Dadi Prakashmaniji, the Chief of Brahma Kumaris, shared with me over my cell phone 20 minutes before my kidney transplant operation. B.K. Mruthyunjay bhai, who was very much concerned about my health, arranged this telephonic talk as well as a group meditation at Madhuban.

Dadiji's tonic-like words invigorated my mental equipoise and augmented my inner self.

Ten minutes after Dadiji spoke to me, Sis. B.K. Annapoorna, Rajyoga teacher of our Coimbatore Centre also talked to me. Taking points from Avyakt Bap Dada's Murli of 15.9.1974, she asked me to maintain the double-light stage and to experience myself constantly in the garb of light or angelic light body. All of this made me remember Baba more than ever and I truly experienced myself under the canopy of His protection.

I was asked to sign a few documents and declarations to the effect that in case lung failure, heart failure or brain-death occurred during the operation, the doctors and the hospital would not be responsible and that I was undergoing surgery at my own wish and will besides risk.

Before being taken into the operation theatre, I deeply remembered Baba, and also patted my body and talked to it as if it were a separate entity: "Well, my good body, thanks for the co-operation given all these years. I hope we again will share company for many more years to come with the help of Baba. In case, anything untoward happens or drama is such that we have to part, then let us meet in the next cycle of time. Be relaxed, be resilient. This is only a little repair work that is needed for the chariot (body)".

I thanked my body in this way as I had once heard an Avyakt Vani where BapDada, after congratulating everyone else, showered blessings on His own chariot too. So I just copied Him. (To be concluded in the next issue)

THE TARRIED QUEST

— B.K. Indal Singh, USA

I tarried, it seems many lives and times
And traversed endless lands dry and bare
I reflect my bleached and cracked inner void
Hope and strength ebbed with time left
My vision obscured by mirages and phantom hopes
I fell again and saw nought in my reach

Oh! How dry is the soul with time and quest
Sages and Wise men I was told
Seek the ever-treasured Truth of Life and Peace
And many thereof have left, thirst unquenched
Like blind souls others follow and beheld Destiny
With colors illusive as such and without light

My heart beheld a distant dream of life
Life with the elixir of truth and life divine
A time of Divine Glory and the Hand of God
My thirst unbearable I lost all thoughts
In my pain and sorrow I drifted it seemed.
I beheld a divine beam of light, it seems cool to touch

"Awake and drink and know Me" I heard.
Nay, not so fast mischievous mind
For many a time before in distant time
And in tradition and mirages of hope
I heard Thine song of illusive promises empty
Now I say 'show Thine form and touch me'.

'I am As I am, and Light it is that I am
And so are you My Child, Lost but now found
Feel My cool touch and quench thine thirst
See and be the light you are as I am
For I am thine Supreme Father, Supreme Soul
Follow Me to your heart's dream of Paradise'.

ETERNAL WORLD DRAMA-

The Eternal Interplay of Physical and Metaphysical Energies – XVIII

Contd... from April 2005 issue

■ B.K. Nityanand, B.K. Colony,
Abu Road

This creation is an eternal world drama—an interplay of physical energies of living and non-living matter with metaphysical energies of souls and the Supreme Soul. Human being (*Jeevatma*) is a combination of body (*Jeev*), the insentient physical energy, and soul (*atma*), the sentient metaphysical energy. Physical energy trapped in living matter is called biological energy or life force that sustains itself based on the 'Law of Biogenesis'. The metaphysical energies of the soul (consciousness) control the biological energies of the human body through the neuro-endocrine systems. The quality of life and quality of consciousness are distinct from each other.

We have discussed these aspects, and also the role of metaphysical energies in health and disease; role of God in rejuvenating energy cycles to sustain the world drama eternally; insight of quantum physics on human consciousness; spiritual evolution through change in human consciousness; the interconnectedness of all energies, both physical and metaphysical. The psychobiological aspects of the mind, intellect and *samskara*, as well as the self-esteem "*Swarajya Adhikari*" also have been discussed so far.

We have seen in the last issue, how the self-esteem "*Swarajya Adhikari*" helps the process of spiritual evolution from human being to divine being. Let's now see how the self-esteem— "*Swadarshan Chakradhari*" helps bringing about the metamorphosis of a body-conscious, vicious human being to a soul-conscious, virtuous divine being, just as the ugly crawling caterpillar transforms into a beautiful flying creature—the butterfly.

How to become – '*Swadarshan Chakradhari*'?

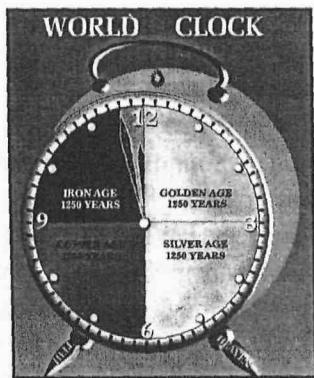
In order to become an embodiment of this self-esteem we should first be clear what it means. Let's analyse this self-esteem first. The first part is "*Swadarshan*", that means seeing the self. The second part is "*Chakradhari*" which means the spinner of the wheel. These two words, when joined together mean that you have to be aware about your own real self and its different stages through the entire cycle of the Eternal World Drama (EWD) which goes on eternally based on the law of cause and effect and cyclic

space-time continuum. We have already discussed about the self or soul in detail in parts IV, V and XV; we have discussed about EWD in part VIII. The law of cause and effect is dealt with in part VIII and the concept of cyclic space-time continuum dealt with in part XII. In part XIV and XV we have discussed about the human consciousness, how changes in individual and collective human consciousness affect the environment, and about the interconnectedness at the macro and micro levels.

From the above discussions, we have found that we are all passing through a very crucial stage in the EWD when the old realities are giving way to new realities through a change in our consciousness. In order to keep ourselves focused in this great transformation, we have to keep ourselves busy by spinning the wheel of EWD; by this process we remain "*Swadarshan Chakradharis*". This means that we remain soul-conscious continually by visualizing the self as a conscient point of light in soul world; as a deity like Shri Lakshmi and Shri Narayan radiating the seven energies of knowledge, peace, love, joy, purity, power and bliss in the Golden Age; as a divine being like Shri Sita and Shri Ram in Silver Age, as *Ishtadev* or *Devi*, the object of worship, an idol in

Copper Age and Iron Age giving solace to the devotees, and as the sons and daughters of Prajapita Brahma (B.Ks.) in the Auspicious Confluence Age wherein we undergo the metamorphosis of becoming a divine being or deity from a human being.

The process of transformation from human being to divine being through the self-esteem of "Swadarshan



"Chakradhari" involves profound changes, both in biological and spiritual realms. This process is comparable to what happens when a caterpillar transforms into a butterfly.

It will be much relevant to quote Dr. Deepak Chopra¹ regarding the biological transformation of the caterpillar into a butterfly. Talking about the collective transformation that is taking place in the world

he said that the terrible situation in the world today provides an opportunity for the change. "One of the best examples, of collective transformation is a process in biology called metamorphosis, it is something like a caterpillar becoming a butterfly. The two are quite different. The caterpillar is like a worm; the butterfly is a very magical creature, beautiful colours, that fly. This is what happens: At some stage of its development the caterpillar becomes very greedy, it starts to consume more than it needs, when the consumption exceeds its metabolic needs, its body starts to die and starts to liquify. But within the body of the caterpillar there are a few cells to which the scientists refer to as "Imaginal Cells". These Imaginal Cells are literally dreaming a new reality. These cells vibrate in a different frequency of consciousness. When the caterpillar's body recognizes these Imaginal Cells, the immune cells of the caterpillar attack them. Because the imaginal cells vibrate at a different frequency, they remain immune to the onslaught. Soon the immune cells give up, and the imaginal cells start to gather in little clusters. Then something else happens

– the clusters of imaginal cells start to connect with each other; when the connectivity of these imaginal cells reaches a critical level, something magical happens. A gene, the genetic code that was lying dormant in the caterpillar wakes up, and in that genetic code is the information for wings, information for a new heart, information for the antennas, the information for legs, the information for a new metabolic rate – the metabolism of flying creatures has to be different from the metabolism of a worm. The Imaginal Cells start using the dying matter of the caterpillar as a nutritive soup; it becomes the culture medium the Imaginal Cells use to grow and to connect and soon the butterfly emerges with the flight to freedom."

Dr. Chopra then urged the gathering of over 800 medical scientists and other professionals to start imagining the new reality because through their transformation, the world will be transformed. He emphasized the role of BKs as the Imaginal Cells all over the world and said that the next step is to connect these cells. He further mentioned that the Imaginal Cell for metamorphosis of the caterpillar

Note (1) : Excerpted from the speech of Dr. Deepak Chopra who addressed the "National Conference on New Dimensions in Healthy Living" at Academy for a Better world, Gyan Sarovar, Mount Abu on 6th January 2005. The entire day of the conference was earmarked as "A day with Dr. Deepak Chopra."

into a butterfly was discovered about 300 million years ago, which God put in the human heart, and that is why, in the human heart there is a longing for a new reality. All the terrorism and all the disasters are comparable to the nutritive soup of a dying carcass of the caterpillar. Dr. Chopra urged the gathering to go to a website on "Peace Practices where seven

practices are explained.

So let's not waste our consciousness on waste, negative, and ordinary thoughts. Let us all concentrate on creating elevated thoughts—let us remind ourselves, we are co-creators of the new world paradigm—the world of perfect value-based society that is called heaven, paradise, *Jannat, Behist, Swarg* and so on. Let's search for other

"Imaginal Cells" around the world and then connect with each other to hasten the process of metamorphosis at the spiritual level. The material or biological changes will automatically follow.

In the forthcoming part we shall continue with our discussions on spiritual evolution that brings about world transformation. ●

SAY NO TO TOBACCO

On No – Tobacco Day, 30th May

Tobacco contains a poisonous chemical called Nicotine. Its excessive use can lead a tobacco addict to death's very door. Bidi or cigarette contains a poisonous gas called carbon mono-oxide. Just as the polluted gas of the motor-car silencer pollutes the air, the poisonous gas of smoking harms the lungs.

Another poisonous substance in tobacco is coal-tar, which has the potentiality to lead to cancer. Suppose you smoke for five minutes, you decrease your life by five minutes.

Some Suggestions for completely getting rid of smoking

►1. Make a firm determination that you must quit smoking.

- 2. Remove from your home all the things related to tobacco – cigarette, bidi, gutkha, smoking pipe, ash-tray, spittoon.
- 3. Whenever you have a desire to use gutkha or to smoke, take about 15 to 20 deep breaths.
- 4. Take 2 to 3 glasses of water after every meal. Drink at least 12 glasses of water every day.
- 5. Talk to the people who do not smoke or have given up smoking.
- 6. When you have a strong urge to use tobacco in any form, chew aniseeds (saunph), clove(laung) or dry amala. Have a stroll for 20 minutes or do some exercise. This produces a chemical,

which is very helpful in getting rid of tobacco.

Role of Rajyoga in De-addiction

Regular practice of Rajyoga helps to give up tobacco and others addictions. Rajyoga increases will-power and tolerance, and purifies the soul. You can contact the nearest Prajapita Brahma Kumaris Centre for learning Rajyoga free of charge.

For detailed information and further enquiries, contact:

B.K. Dr. Digambar Ever-Healthy Hospital
(Homeopathic Wing),
Brahma Kumaris, Shantivan,
Abu Road-307 510
(Rajasthan) India.
Phones (02974) 228130,
228101 to 228104
(Intercom-3318)
e-mail: bbanarsi@sancharnet.in

Experience

FACE-TO-FACE AS FRIENDS

— Jose David, Kochi

I was fashioned from eternity...was the craftsman at His side when He marked out the foundations of the earth, says Jose David, a journalist from Kerala. He recalls the most joyous moments in his life, when the Lord spoke to him face-to-face, as a man speaks to his friend. In Baba's new treasure house, he is re-reading the scriptures, earnestly trying to unearth the jewels in a new light...this is a vivid narration of how he became a Brahma Kumar.

—Editor

The church hall grew dim in the cool evening. It was empty. I knelt down on the confession stand, stretching my face close to the priest. I, along with my family, was in the midst of a spiritual retreat in my parish. All my secret sins, which were never lost from my sight, stood up in array, to prick me so fiercely as ever before. Pain and grief engulfed me. Tears trickled down from my eyes. "O Lord", I said, "my soul is full of trouble, and my life draws near the grave, I am counted among those who go down to the pit; a man without strength".

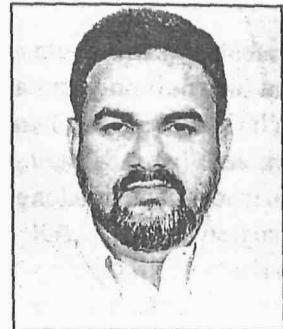
I lost my control. I sobbed, as if I were a child.

"O God, wash me clean, cleaner yet, from my guilt, purge me of my sin, the guilt

which I freely acknowledged...for indeed, guilt was with me already when my mother conceived me".

A week later, I stumbled upon a waste paper, at home. It was a notice of a yoga class. I had desired for long to study Raja Yoga. I telephoned them and through them contacted the Brahmakumaris. The centre was just walkable distance from my television office, my workplace.

The next morning I sought audience with B.K. Sister Ambika in Edapally Centre, Kochi, to hear the wisdom God had put into her heart. It was my first acquaintance with a Brahma Kumari. The centre almost smelt queer. A projected picture of an old man, pictures of Hindu gods, music chanting Shanti mantras... amongst this came the feeble,



tired voice of B.K. Sister: "This is the ancient yoga taught by God himself. He comes in Bharat to change it, as it is said *sambhavami yuge yuge*. He teaches us to remember Him day and night, and thereby get purified..."

I was dejected. I felt I was in a wrong place. The stuff like God's *avtaran bhumi*, 5000-year drama... sounded strange and nonsensical to me. For a while, I thought of just leaving. However, my desire to grasp the technique to concentrate on God made me stay back. In childhood, I was in a seminary, studying for priesthood, and I used to visualize Christ extending his bleeding hand down upon me from his Cross in times of my agony and sufferings. I wanted to love my Lord with all my heart, with all my soul, and with all my strength. He had asked me to remember his commandments 'when you sit at home and when you walk along the road, when you lie down and when you get

up (Deuteronomy 6). But never could I keep the connection alive throughout the day, without interruption. I thought this yoga might teach me that technique of remembering Him at home, when I walk, when I lie down and when I get up. So, the pagan gods, Bharat's glory and all other stuffs were insignificant for me.

The next morning I sat with B.K. Aravindakshan, an engineer by profession, to hear the seven-day course, which eventually turned out to be a splendid spiritual journey. For some time now, I had thought that God Yahova was in agony, in crisis for His creation. For, His first creation itself became a flop. First, he created His angels as the models of perfection, full of wisdom and perfect in beauty. Lucifer, their leader, who was the morning star and son of the dawn wished to ascend to heaven and set his throne higher than God's stars!

Lord said to Lucifer, the head of angels: "You were in Eden, the garden of God; every precious stone adorned you... Your settings and mountings were made of gold; on the day you were created they were prepared. You were anointed as a guardian cherub, for so I ordained you. You were

in the holy mount of God; you walked among the fiery stones. You were blameless in your ways from the day you were created, till wickedness was found in you. Through your widespread trade you were filled with violence, and you sinned. So I drove you in disgrace from the mount of God, and I expelled you, O guardian cherub, from among the fiery stones. Your heart became proud of your beauty, and you corrupted your wisdom because of your splendour. So I threw you to the earth. (Ezekiel 28:12-17)

"All your pride sunk down into the world beneath, and there thy corpse lies, with the moth for its shroud, worms for its cerecloth. What, fallen from heaven, you Lucifer, that once did herald the dawn? Prostrate on the earth, that didst bring nations to their knees? (Isaiah 14: 11-15)

So, Lucifer, who thought 'will ascend to heaven and set his throne higher than God's stars and will himself become the Most High', fell from Eden!

Now, it was the turn of man. Lord God formed the man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being... And

the Lord commanded the man not to eat the forbidden fruit. But serpent said to Adam's woman, "For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." But when they ate the fruit their eyes were opened and they realized that they were naked. God cursed the ground because of the man and woman.

I was thinking, if His first creations itself failed, what about us? Once when we are taken to heaven or to His abode, after the last judgment, shall we too not rebel against Him? Like the first angel, like the first man, shall we not aspire to be 'like God and set our throne higher than God's stars'? Shall we not again act corruptly towards Him and fall from His grace?

Even His chosen people, whom Moses led from the shackles of Egypt, revolted against him. Moses told them: "For I know how rebellious and stiff-necked you are. If you have been rebellious against the Lord while I am still alive and with you, how much more will you rebel after I die?" (Deuteronomy 31)

When He sent His favourite child Jesus, we put him on the Cross. No prophet was justified in his own land: we either killed

or stoned him. Now, I imagined a God who was weeping, cursing Himself for making such a creation! The Lord saw how great man's wickedness on the earth had become, and that every inclination of the thoughts of his heart was only evil all the time. The Lord was grieved that He had made man on the earth, and His heart was filled with pain. So the Lord said, "I will wipe mankind, whom I have created, from the face of the

earth – men and animals, and creatures that move along the ground, and birds of the air – for I am grieved that I have made them."

I desired to write on how He wanted to wipe out His creation and I called it: The Crisis of God.

I shared this thought in my class. B.K. Brother Aravindakshan said: Your doubt is genuine. But now, God's story on creation is little bit different.

Lord God created His children; perhaps wishing His creation be better than Him. Like every father He too aspired so. But the creation fell from His wishes. Our heart became proud of our beauty, and we corrupted our wisdom because of our splendor. Still, our Merciful Father is coming to give us back our paradise. This is the cycle of life, the eternal drama wheel.

(To be continued)

POSITIVITY, BENEVOLENCE AND SILENCE

Positive Thinking

When the mind works well the body will also work well.

A Rich Person

A rich person is not someone who has more, but someone who desires less.

The Stages Of One With A Benevolent Attitude

When you extend pure love to everyone with selfless motivation that is an attitude of kindness. When you send good wishes and pure feelings to those who are in deep sorrow, that is an attitude of mercy. When you see the virtues rather than the weaknesses in people that is an attitude of compassion. When you bless and uplift someone even as they defame you, that is an attitude of forgiveness. When you tolerate a situation and take responsibility as well as give cooperation even when not appreciated, that is an attitude of humility and self-respect. Every second, every moment and every breath of your life is nurtured by attitude.

Cultivate Silence

Behind all creation is silence. Silence is the essential condition, the vital ingredient for all creation and all that is created. It is a power in its own right. The artist starts with a blank canvas – silence. The composer places it between and behind the notes. The very ground of your being, out of which come all your thoughts, is silence. The way to silence is through meditation. When you arrive in your own silence you will know true freedom and real power. Stop, take a minute, and listen to the silence within you today. Then be aware of what disturbs your inner silence. It could be negative thoughts, memories, sensations. And when you are aware, you will know what is draining your creative power, and you will know what needs to change...on the inside!

A Girls' Hostel Par-Excellence

(Divine Life Girls' Hostel, Indore)

-Brahma Kumari Madhu, Indore

I cherish fond memories of my childhood spent in great splendour in Baba's well equipped "Shakti Niketan" alias "Divine Life Girls Hostel", a sweet home for *kumaris*, which is situated at the heart-land of Madhya Pradesh's Indore city. I admit that Shakti Niketan is an immensely precious and radiant diamond of India's treasury.

This wonderful home made me do consistent effort to lead my life by the rules. Spiritual environment which I got here changed my mindset completely and enhanced my will power. It gave a strong foundation to my life. It prepared me to face all the life situations courageously. It has filled me with intrinsic powers. Thinking of what I was before and what I am today, there comes an inner voice, "Thank you Baba, you have kindled my fortune here".

So I wish to inform all the *kumaris* of this world that Shakti Niketan is a divine home with all favourable means and resources through

which one can achieve the goal of Godly union and love.

To manage all the activities at the hostel properly, the entire management is divided into 45 departments. The senior girls mainly control all the departmental works with the help of their juniors. Almost all the inmates get a chance to participate in all the jobs and they become competent in various activities like cooking, cleaning, knitting, embroidery, drawing, dancing, singing, acting, elocution; writing scripts, essays and poetry; decoration, painting, origami etc. They are also provided proper training in behavioural sciences, etiquettes and hospitality etc. Hence they learn to be self-dependent in life.

Under the able guidance of Brahmakumar Bro. Om Prakash Ji, Shanti Niketan has progressed by leaps and bounds in a short span of time. It is really the reward of God's benediction. The credit of shaping the life of girls also goes to venerable B.K. Sis. Karuna. With motherly love, she relates to the girls as a guardian.

Training is also provided to them to overcome the obstacles in their lives.

Shakti Niketan is like a mini India. Presently 150 girls from 23 states of India, Nepal and Dubai reside here.

Every year the hostel has a cent percent academic record. This year the result was 96%. Out of 150 *kumaris*, 85 passed in 1st division 26 of them got 1st, 2nd or 3rd ranks in their respective schools and colleges. One Kumari of B.A final year scored 5th place in merit list of Devi Aahilya University. Under the divine patronage of respected Om Prakash Bhaiji, Karuna Didi, and Shakuntala Didi an ordinary Kumari gets converted into the special one.

Students of 6th standard onwards upto graduation level are eligible for admission. The process of admission gets underway in May- June. For more information contact us at the following address –

-B.K Karuna,

"Divine Life Girls' Hostel"
Om Shanti Bhawan, New
Palasia, Indore (M.P) – 452001
Phone No:- (0731)- 2531631,
Mobile: 09425316843,
09893153163
Fax No:-(0731) 2430444, E-
Mail:-bkompakash@vsnl.net
& indorezonehq@sancharnet.in

A SELF-ESTEEM QUIZ

– B.K. Sunita, Surat

This quiz points out some of the ways self-esteem can affect you. Please remember there are no 'right' or 'wrong' answers.

Keep in mind that it's natural for self-esteem to fluctuate depending on the challenges you're facing at the time, and how you're taking care of inner self.

Please mark (✓) to register your reply for each question.

HOW DO YOU FEEL ABOUT YOURSELF?	Rarely	Sometimes	Often
1. Do you feel others do not give you love and respect?			
2. Do you think everything you do has to be perfect or it's not good enough?			
3. Do you make excuses and justify your failures?			
4. Do you worry about being talked about or left out?			
5. Do you find it hard to believe someone when he or she compliments you?			
6. Do you get perturbed in adverse situations and are unable to convert challenges into opportunities?			
7. Do you worry a lot about what you do not have?			
8. Do you doubt your inner potential and think that you are 'not good enough'?			
9. Do you feel insecure and jealous when others in the team get the credit?			
10. Do you feel insulted when you are accused for a wrong you have not committed?			
11. Do you wait for things to happen rather than take the initiative?			

HOW DO YOU FEEL ABOUT YOURSELF?	Rarely	Sometimes	Often
12. Do you show more concern for your reputation rather than your character?			
13. Do you become defensive and weak when criticized by others?			
14. Do you think you know everything and there is nothing else to learn about?			
15. Do you continue to feel guilty after making a mistake?			

If you answered **rarely** to most of these questions, great! You already believe in yourself from the inside. You know how to be real without trying to be perfect. You know how to make decisions and stick up for yourself.

If you answered **sometimes** or **often** to most of these questions, it's okay. You may be in a low place right now, but there are solutions – you can learn about self-esteem and creative new ways to feel confident and be mentally fit. Everyone, including you, has unique interests and talents to develop. Your ideas and opinions count. And it's okay to ask for help.

You always have the right to feel safe and be treated with respect.

Believe in yourself from the inside out. Here's how to get there...

Visit our website:

1) www.brahmakumaris.com

2) www.bkwsu.com

You can find a BK center close to your area via this website. Make an appointment to visit the centre for a session on

'Increasing Self-Esteem'.

THEY DO US PROUD

Colombo, Sri Lanka:
Eight year old Canadian child Bilal Rajan, who collected a sum of 25,00,000 dollars for Tsunami victims, sitting in UNICEF office. Bilal collected this amount by commencing a campaign: UNICEF's Canada Kids Earthquake Challenge.
Courtesy: 'Punjab Kesri', Ambala, Dated 23-3-2005.





1. Hindupur: At the Dwadas Jyotirling programme, Chief Guest Bro. K.L. Narasinha Rao, Additional District Judge, Hindupur is seated on the dais alongwith others. B.K. Sister Sugandha is speaking. **2. Secunderabad(BHEL):** B.K. Sister Shakuntala being honoured as part of honour given to Religious Heads around BHEL, Hyderabad. Bro. Ram Rao, Chairman of Cherukuri Group of Companies, and Bro. Nagaphanendra Sharma, Telugu laureate seen handing over the gift. **3. Kurnool:** Bro. T.G. Venkatesh, Ex MLA, inaugurating the Stall in Kurnool Exhibition. Bro. Rajendra Reddy, B.K. Sisters-Rani, Pushpa, Sravanthi and others also seen in the picture. **4. Talikot (Karnataka):** B.K. Sisters Suvarna, Rupa, Swarna, B.K. Brothers Sangamesh, Basavaraj and Manohar along with the public at the Exhibition on the theme "Universal Transformation through Shiv Darshan". **5. Draksharauna (A.P.):** H.E. Bro. Sushil Kumar Shinde, Governor of A.P., being given Godly gift by B.K. Sister Bhawani. Dr. K.S. Jawahar Reddy, District Collector and others are also seen in the picture. **6. Vijayawada (Om Shanti Garden):** B.K. Sister Padmaja giving Godly gift to Ch. Krishnarao, President, Bar Association, at a programme for Lawyers. **7. Dharmavaram (A.P.):** Bro. Y.S. Rajasekhar Reddy, Chief Minister, Andhra Pradesh being given Godly gift by B.K. Sister Pushpa. **8. Gamdevi, Mumbai:** Group photo of the Indian Women Cricket Team alongwith B.K. Sisters-Sukanya, Rajshri and B.K. Bro. Deepak. Captain of the team, Mithali Raj and all members were explained the activities of the Sports Wing of the RERF. The whole team is scheduled to visit Mount Abu to attend Rajyoga Camp in June 2005.

Godly Service Reports

Contd. from page...1

JALORE (Rajasthan)

(Campaign for Eradicating Social Evils)

A Campaign for eradicating social evils such as Child Marriage, Superstition, Casteism, Drug Addiction, Alcoholism etc. has been started jointly by Jalore Dist. Administration and Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. The campaign was inaugurated by Sh. Jogeshwar Garg, MLA, Jalore on 3rd May 2005. Bro. Karan Singh Rathore, Distt. Collector, Bro. Shankar Singh Rajpurohit, MLA, Ahore, Bro. Navratnamal Tank, Chairman, Municipality, and B.K. Sis. Ranju, Centre In-Charge, Jalore also attended the programme.

A programme in Jalore Jail was also organised. Bro. B.K. Bhagwan from Brahmakumaris Headquarter, Shantivan; addressing the prisoners said that one should perform good deeds and should give up the tendency of taking revenge. He narrated the story of dacoit Valya who became renowned saint Balmiki after he brought about transformation in his thoughts words and deeds. He advised them not to consider the jail as a place of bondage, but a place for self-transformation, introversion and

positive thinking. On this occasion Bro. Subhash Chander Yadav, Jailor and Bro. Nandlal Sharma, Havaldar also addressed the prisoners.

MOHALI (Punjab)

(Danish Kaneria visits Brahma Kumaris Centre)

Renowned Pakistan Cricketer Danish Kaneria visited Brahma Kumaris Centre. On his arrival, he was received by Brahma Kumari Prem, Incharge of Rajyoga Centres of Mohali circle. Bro. Danish Kaneria also went through the Spiritual Museum and Art Gallery depicting ancient Indian ethos, culture and values. He showed keen interest in different aspects of glorious Indian culture and its rich heritage. He was impressed by the spiritual knowledge imparted by God Father Shiva through the corporeal medium of Prajapita Brahma and he lauded the role of Brahma Kumaris in re-establishing world-peace, values and virtues. Later he practised meditation for some time and experienced peace.

On this occasion, he shared spiritual knowledge with a group of Brahma Kumari sisters. He was presented a frame of Lord Krishna as a token of spiritual Love.

SAMBALPUR

The launching ceremony of "Living Spirituality for Value Based Society—year 2005-2006" was held with great zeal and enthusiasm at the District Auditorium, Sambalpur on 13th April 2005.

Sis. B.K. Parbati, Centre in-charge, Sambalpur welcomed all the guests and explained the aim and the significance of the programme. Chief guest of this Launching Ceremony, Sis. B.K. Sheela, Sub-zone Incharge, Assam inspired everyone to imbibe values in their lives by practising Rajyoga meditation. Swami Satyabindoo Saraswati ji, Director, Utkal Yoga Vidyalaya, Sambalpur, who was Guest of Honour, emphasized the need of spirituality and appreciated the efforts of Brahma Kumaris in this field. Bro. G.D. Gulab, Director (Personnel), Mahanadi Coalfields Limited, Burla expressed his good wishes that by the efforts of Brahma Kumaris we would soon usher Ram Rajya on this earth.

Bro. Durga Shankar Pattanaik, Ex Cabinet Minister shared his divine experiences of Madhuban during Bapdada Milan on "Holi –25th March 2005" and inspired all to visit that paradise on earth.

The calendar "Garland of Virtues" and Om Shanti

Sandesh booklet were distributed to the gathering of about 1,000 eminent persons and B.K.s. The programme was broadcast by the local cable T.V. channels.

WARANGAL (A.P.)

A mini mega programme was organized at the beautiful, full of greenery and spacious Maheshwari Gardens, Station Road, Warangal. This was in the form of spiritual museum comprising various stalls. In this museum, the special attraction was the models of *Dwadasha Jyotirlingas*, situated at different corners of Bharat displayed at one place in 12 separate stalls, that created an imperishable imprint in the minds of the public and created a pious environment. Along the way moral quotations were displayed which were simple to understand but played a major role in inspiring the public. There was a spiritual exhibition stall, stalls of models—‘Vrindavan’ and ‘Laxmi Narayana Raj Darbar’ with extraordinary decoration, Health Exhibition stall, Meditation Experience room etc. Apart from these, LCD Projector show was also arranged in the lawn. Lastly visitors were given a donation

form with a list of vices and virtues out of which they were asked to donate at least one weakness and inculcate one virtue.

Justice V. Eshwaraiah, Judge, Andhra Pradesh High Court, Hyderabad inaugurated the museum. In the inaugural function Bro. Nageshwar Rao, Warangal Dist. Sessions Judge and Bro. Sampath Rao, Vice President, A.P. Rice Millers Association also participated. Rajyogini B.K. Savita and B.K. Aruna gave spiritual message to thousands of people who attended the function.

In the same garden, on the other side, there was an auditorium where every day a public programme was arranged by one of the 14 wings of the Rajyoga Education and Research Foundation. The audience were enthralled by

cultural programmes comprising spiritual songs, dances and lectures etc. Many eminent personalities of A.P., especially of Warangal Distt., visited the Museum and appreciated the services of the B.Ks. These dignitaries included Bro. Shiva Shankar, Distt. Collector, Bro. Gopal Reddy, Kakatiya University Vice Chancellor, chief executives and many heads of department of Warangal Distt.

In the closing function, Bro. Kadiam Sreehari, former Minister was the chief guest. Leading English and Telugu newspapers of A.P. State and news channels covered the highlights of the programme. Free Rajyoga Shivir classes were also arranged. More than one lakh people received the Godly message on the occasion. ♦

Laughter- The Best Medicine

Rajesh to five year old Bunty: " My child suppose you have five Balls and you give two balls to me, how many balls will be left with you?"

Bunty said, "Uncle, I cann't tell".

Rajesh asked, "Why?"

Bunty: Uncle in our school such questions are asked with the help of toffees.

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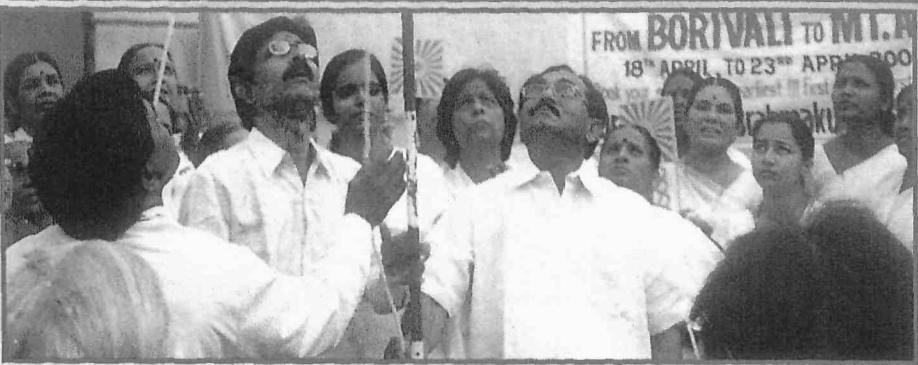
1. Damouli (Nepal): Sis. Durga Shreshta, Hon. Minister for Women, Children and Social Welfare, Nepal, seen in group photo with B.K. Sisters Kalpana and Shobha after discussion on Godly knowledge. **2. Jodhpur:** B.K. Sister Sheel presenting spiritual literature to Bro. Yunus Khan, Minister for Transport and Youth Affairs, Rajasthan. **3. Cuttack (College Square):** B.K. Sisters Kuldeep and Kulbir giving godly gift to Bro. Balbadra Manjhi, Hon. Minister for Harijan Welfare, Orissa, at Ramkumarpur. **4. Chhota Udaypur (Gujarat):** Bro. Rathwa, Hon'ble Union Minister of State for Railways inaugurating Shiva-Jayanti Programme alongwith B.K. Sisters Asha and Monika. **5. Jammu:** Bro. Mularam, Hon'ble Minister for Social Welfare, J&K and B.K. Sisters Sudarshan and Nirmal hoisting Shiva-Flag. **6. Mandla:** Inaugurating the "Vishwa Shanti Bhawan" are Bro Faggan Singh Kulasthe, Municipal Chairperson Sister Radha Gupta, B.K. Sis. Mamta and B.K. Sis. Om Lata. **7. Baldwada (H.P.):** Bro. Rangila Ram Rao, Hon. Minister for Excise & Taxation, H.P., B.K. Sis. Krishna, B.K. Sis. Kiran and others inaugurating Shiv-Jayanti programme. **8. Kaliyapani (Orissa):** B.K. Sis. Bharti giving godly 'Prasadam' to Bro. Praful Ghadai, Hon'ble Finance Minister of Orissa. **9. Bhairhwala (Nepal):** B.K. Sis. Shanti giving godly gift to Bro. Khadag Bahadur, the then Minister for Local Development, Nepal. **10. Jalandhar:** Bro. Vijay Chopra, Chief Editor of Daily 'Punjab Kesari', B.K. Sis. Raj and others on the dais listening to Godly message in Shiv-Jayanti Programme. **11. Chhindwada:** Bro. Chandrabhan Singh, Hon'ble Forest Minister, M.P., inaugurating the programme 'From Darkness towards Light', accompanied by Bro. Kanhaiiram Raghuvanshi, Municipal Chairman, B.K. Sis. Usha and others. **12. Kanyakumari:** B.K. Sister Mala giving Godly gift to Bro. N. Talvay Sundaram, Minister of Tamilnadu, B.K. Kokila is looking on.

Regd. No. 19818/70, Postal
Regd. No. RJ/WR/25/13/
2003-2005, Posted at
Shantivan-307510 (Abu
Road) on 9-10th of the
month

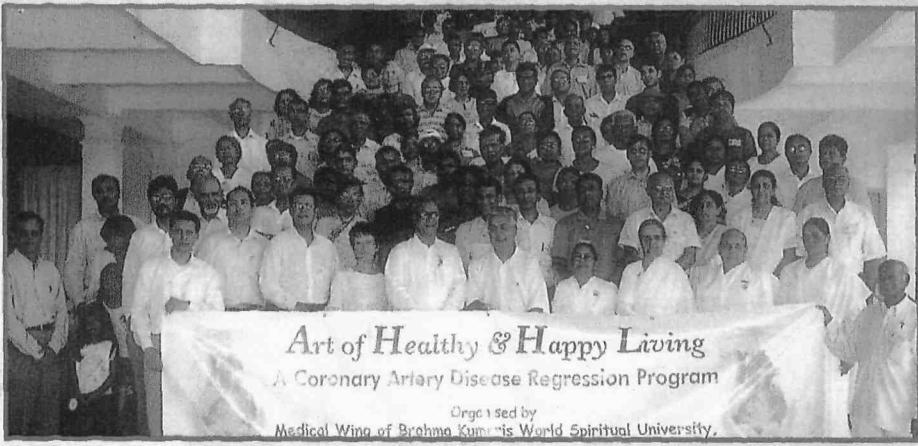
Galle (Sri Lanka):
Tsunami affected children
receiving uniform material
and books.



Mira Road (Mumbai):
Mayor Bro. Harihar
Thakor and Municipal
Councillor Bro.
Chandrakant Modi hoist-
ing Shiva Flag at the
opening of the Mela-'From
Darkness towards Light'.



Mauritius: B.K. Dr.
Satish Gupta and B.K.
Sister Chandra alongwith
the participants of the
programme 'Art of
Healthy and Happy Living
– A Coronary Artery
Disease Regression
Programme'.



Kathmandu: B.K. Sis.
Raj, distinguished guests
and religious heads seen
in a group photo taken
during the inaugural
function of 'Peace and
Goodwill Rath Yatra'
organised at the Main
gate of Narayan Hiti Raj
Darbar.

